

# Gazette

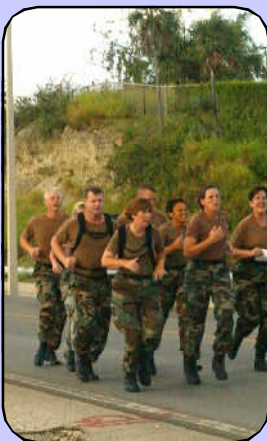
GUANTANAMO BAY

Vol. 59 No. 46

Friday, November 15, 2002

## What's Inside

### "Boots and Uts"



The best dressed run on GTMO took place Veteran's Day morning as teams of runners clad in combat boots and cami pants ran an unusual 5K. See page 8.

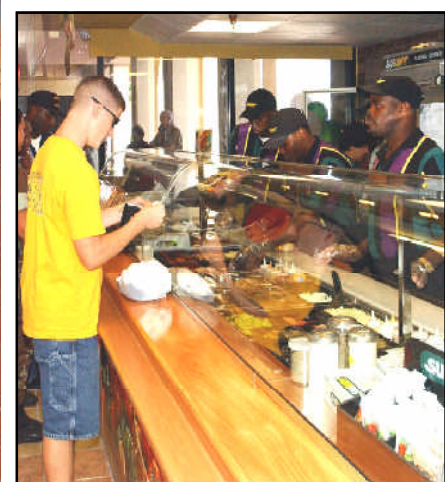
### Mapping Out a Future



WTS HS students consider their options during a local career fair at the school. See page 7.

## Subway Opens at NEX

The Wait is Over - Patrons Palates Prepare for Treat



Above, left to right: NEX Mgr. Jack Crotty, Subway Franchise Owners Lyle and Cindy Swanson, Capt. Bob Buehn, NEXCOM Vice-Commander Capt. J.R. Trowbridge and NEX Regional Services Operations Manager Gene Bowers cut the ribbon to the newest NEX food concession. Left: Patrons tantalize their taste buds while building their favorite subs at the fully stocked Subway counter.

## Force Protection

*When traveling in a foreign country, learn a few key phrases in the native language, such as "Where is the hospital?" or "I need a policeman."*

## Water Conservation

**Nov. 4 - 10**

**Used** 7,570,520.0  
**Daily avg.** 1,081,502.9  
**Daily goal** 1,000,000 gal

**We spent \$50,739.88 over our budget for the week.**

## U.S. Naval Base Guantanamo Bay

### Gazette

**Commander, Naval Base**  
 CAPT Robert A. Buehn

**Chief Staff Officer**  
 CAPT(Sel) Michael Fair

**Command Master Chief**  
 CMDMC(AW/SW) Ellen M. Mustain

**Public Affairs Officer**  
 JOC Richard Evans

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## NEX Appreciation Day Winners

The winners of Customer Appreciation Day have won prizes ranging from 1 gallon thermal jug to DVD players, VCR's, fashion rings, and gift certificates to the grand prize of a trip for 2 to Orlando, FL.

Lourdes Rivera	J. Millins	Victor Sibal	Pablo Celada
Alvin Martin	Ronald Jackson	Kim Kanash	Eddie Hill
Jose Polica	Jim Hepler	Nathaniel Beard	William Brogan
Richard Anderson	Kimberly Liferidge	Stacie Haggerty	Otis Webster
Kevin Brooks	Pat Tetrick	J.M. King	Tonya Cambell
Michael Borydaj	Aura Weling	G.C. Centeriera	Anthony Mays
Marc Owens	Jeremy Sime	Abnir Brown	Jerry Garcia
Jerry Zwiebel	Tim Vallis	Cornelius Williams	Kimberly Coleman
Maceo Simmons	Rojohn Aterero	Johnny Hernandez	Matt Lowe
Dwight Benjamin	Dale Worfield	James Ward	Paul Prince Iii
Alfred Yacca	Carolyn Magruder	Eric Price	Juan Reyes
Art Torely	Shawneena Nelson	Marstraree Austin	Scott Murrel
H.A. Brookins	Kimberley Bell	Robert Millard	Curtis Vaughn
Jennifer Hunt	Antonio Ramirez	Eric Kanash	Ruddy Wellington
Cdr Denfield	Douglas Warren	Elma Singson	
Jim Stead	James Andrews	Sian-Day Lewis	
Sven Hunt	Mrs. Darnell Davis	S. Bagley	
J. Kanash	Victor Rivera	Ed Hecklehorn	
Lisa Bosecker	Trish Loop	Sheldon Stuchell	
	Butch Cameron	Rositia Quinn	

If you have not claimed your prize, please call Debbie at 2069.

## NEX 10K Winners

**Women's 1st Place Overall**  
 Melissa Belleman (1st place overall)  
**Men's 1st Place Overall**  
 Heinz DeLuca (2nd place overall)



**Men - 15 & under**  
 1-Jacob Sporrer 1:06:52  
 2-Martin Nabours 1:06:58  
 3-Daniel Gonzales 1:09:23

**Men - 16 to 19**  
 1- S. Niemeyer 41:34

**Men - 20 to 29**  
 1-Howell Douglas 40:26  
 2-Roger Cummings 43:13  
 3-Stephen Darrell 44:18

**Men - 30 to 39**  
 1-William Brooks 40:30  
 2-Tony Deprizio 42:00  
 3-Michael Johnson 42:01

**Men - 40 to 49**  
 1-Heinz DeLuca 40:07

**2-Paul Crissy 40:19**  
**3.Robert Watella 44:44**

**Men - 50 & above**  
 1-Al Shimkus 46:43  
 2-Balbin Rodolfo 49:01  
 3-Vincent Salamoni 53:05

**Women - 16-19**  
 1-Ebony Blane 1:03:39

**Women - 20-29**  
 1-Krista Watts 52:06

**2-Carmen Ross 57:00**  
**3-Inge Lindholm 57:08**

**Women - 30-39**  
 1-Melissa Belleman 40:01  
 2-Callie Lever 46:27  
 3-Barbara Munro 43:51

**Women - 40-49**  
 1-Sandy Wilson 55:30  
 2-Sharon Newton 58:01  
 3-Digna Rosario 58:41

**Women - 50 & up**  
 1-Michele Auger 1:13:24  
 2-Sudha Sam 1:22:39

Congratulations to all those who won and thank you to all those who came out in support of the event.

## November Tides Chart

Day	Time	Height	Time	Height	Time	Height	Time	Height
15	0603	1.33	1149	0.62	1751	1.33	—	—
16	0007	0.41	0651	1.44	1249	0.63	1833	1.24
17	0037	0.35	0733	1.55	1343	0.62	1903	1.16
18	0101	0.30	0809	1.64	1431	0.62	1939	1.09
19	0131	0.25	0845	1.72	1513	0.61	2003	1.02
20	0155	0.21	0921	1.78	1601	0.62	2033	0.97
21	0225	0.16	0957	1.82	1643	0.64	2103	0.93
22	0301	0.12	1039	1.84	1725	0.66	2133	0.90



## A Spirited Run



*The Command DAPA, AK1 Robbin Smith, gives some last minute advice to those who gathered for the nighttime Right Spirit Run. Photo by PH2 Wayne Abbott.*

**By AK1 Robbin Smith**  
DAPA

Thanks to everyone who came out to support "GTMO's First Right Spirit Run". The turn out was larger expected and those running were very enthusiastic for 11pm in the evening. Also, thank you to the following for their support in making the event successful: Craig Basel and the MWR Staff for coming up with the T-shirts, glow sticks, food, etc.; JTF-GTMO for bus support; Captain Buehn, Captain (Select) Fair, Captain Shimkus and my Chain of Command for their support. This is just one of many things planned to support the Navy's Campaign to de-glamorize alcohol and promote healthy alternatives.

On another note, I'd like to address the issue of there being nothing to do in GTMO besides drinking. Today, I am going to list a few of the alternatives to drinking; going to the gym (after all the gym is open to 2400), play on one of the many sports teams, go to college, take advantage of the Liberty Center's activities, or getting a team together to play paintball. These are just of the many activities that available here in GTMO.

Finally, remember the "Right Spirit" Campaign is not about prohibition but "responsible use". It's "OK" not to drink. If you have any questions or concerns, contact me at 4099/4232.

## Great American Smoke Out

**By Mark A. Long**  
Navy Environmental Health Center

The Navy Environmental Health Center, Navy Personnel Command and Navy Exchange Command are partnering with the American Cancer Society Nov. 21 to host the Great American Smoke Out Day.

The Smoke Out, held annually since 1977, is designed to help smokers quit for the day and hopefully, for good. Additional goals of the event include preventing tobacco use by youth and adults, and renewing America's commitment to a tobacco-free environment.

The Navy is also concerned about the effects of secondhand smoke on Sailors, Marines and their families. Lt. Cmdr. Kevin Kennedy, NPC's Tobacco Cessation Program action officer, highlights the following from the new Secretary of the Navy Instruction 5100.13C: "(Department of the Navy) policy is to reduce tobacco use and protect personnel from involuntary exposure to environmental tobacco smoke to the greatest extent possible. Where conflicts arise between the rights of nonsmokers and the rights of smokers, the rights of nonsmokers to a smoke-free airspace shall prevail."



Join the millions who have quit on this day. Web-based quitting programs and hotlines are available at [www-nehc.med.navy.mil/hp/tobacco](http://www-nehc.med.navy.mil/hp/tobacco), as are cessation programs through the military treatment facilities' Health Promotion Program.

Naval Hospital Guantanamo Bay offers Tobacco Cessation Classes. For information or to sign up, call Central Appointments at 7-2110.

## BRIEFS

### Family Portraits

Family portraits are available for pick up Saturday at the NEX from 10am to noon. School photos have not arrived yet. If there are any questions contact Stephanie Niccum at 7433.

### FFSC Volunteers

Volunteers are needed to work as part of the Fleet and Family Support Center (FFSC) team. Opportunities at the FFSC include assisting with various customer service programs; including Information and Referral, Relocation, Counseling, Reception, Marketing/Publicity, etc.

If you are new to Guantanamo Bay, being a volunteer is a great way to get acquainted with your new locality, meet new people, get involved in the community, and learn or enhance skills that can be transferred to the job market. Call 4141 for more details.

### Candlelight Dinner

The Deer Point Candlelight Champagne Supper is scheduled for Sunday, December 1 at 5:30pm.

Tickets for the event are available at the NEX on Saturday, November 23, starting at 1pm.

The cost for civilians and E7 and above is \$20. The E6 and below ticket price is \$10.

For more information, please contact Debi Buehn at 2292.

### Eat Healthy Seminar

The W.T. Sampson Elementary School PTO is sponsoring a seminar entitled "Can My Children Eat Healthy... and Like It?" at the next PTO meeting, November 21 at 6:30pm.

The Naval Hospital's Cmdr. Colleen Gallagher, Family Nurse Practitioner, and Lt. Donna Sporrer, Registered Dietician, are presenting a seminar on healthy food, healthy eating, healthy cooking tips and school menu selections.

A special performance by the Elementary School children is also scheduled. For more information, call Nicky Knighton at 7699.



# American Education Week Nov. 17-23

**From Judy Ortiz**  
**W. T. Sampson H. S.**

The United States celebrates American Education Week every year in November. This year, it is November 17 through the 23rd. During this week, the teachers, administrators and other staff members at W.T. Sampson School would like to thank all the members of our community who work so hard to help make our school a dynamic learning environment for our students.

We are especially grateful to the continued support we receive from our military commands. Their dedication to our school is a clear indication of the importance they place upon education and on the role school play in the community and in the quality of life of our military families.

We join with the rest of the United States in celebrating American Education Week. At Department

of Defense schools, we are very fortunate to have the highly qualified educators that ensure excellent educational opportunities for all our

students. Our teachers are dedicated and very talented, but they could never accomplish the great things our school have come to be known for without the support and assistance of our wonderful parents.

We, at W. T. Sampson E/HS, would like to take the occasion of American Education Week to thank all our parents for being our true partners in education.

During American Education Week, we would like to extend a special invitation to all members of the Guantanamo Bay, Cuba community to visit our schools.

Our theme this year is "DoDEA Reads." In support of our school improvement goal of improving each child's ability to read and write, we encourage all parents to take some extra time this week to read with their younger children. Take the time to ask your older children about the things they have been reading. And, perhaps most importantly, be the example your children need to understand the importance of reading.

American Education Week might be a good time to limit television viewing to make time for the family to enjoy a good book together. It is certainly an ideal time to reflect upon the critical role reading plays in all our lives. American Education Week - celebrate it with your children - and a good book!

Help W.T. Sampson and the DoDDS Schools better provide for your child's educational needs. Complete the online survey at [www.odedodea.edu](http://www.odedodea.edu)

## Project A-OK Helps Your Children Make the Grade

**By Kristine M. Sturkie**  
**Navy Exchange Service Command**

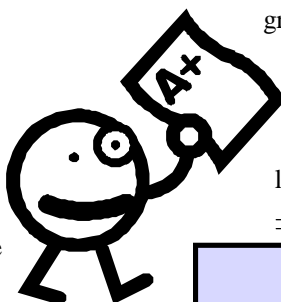
It's time to take your child's most recent report card to your nearest Navy Exchange to register for the Project A-OK program. Your child could win \$5,000, \$3,000 or \$2,000 in U.S. savings bonds, denominations at maturity. The next drawing will be at the end of November 2002.

"Since 1997, Project A-OK has been rewarding children for getting good grades in school," said Rear Adm. William J. Maguire, commander, Navy Exchange Service Command (NEXCOM). "Project A-OK is just another way the Navy Exchange is here to support Navy families."

Any eligible full-time student who has a B grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active-duty military members, Reservists and military retirees, including those employed by or whose spouse is employed by the Navy Exchange System. Children must be enrolled in first grade through undergraduate school. Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualifying report card. Drawings are held each quarter for a total of \$40,000 for the 2002/2003 school year.

To enter, stop by your Navy Exchange with your current report card and have a Navy Exchange associate verify your minimum



grade average. Then fill out your entry card and obtain your A-OK ID, which entitles you to discount coupons for purchases at the Navy Exchange.

For related news, visit the Navy Exchange Service Command Navy NewsStand page at [www.news.navy.mil/local/nexcom](http://www.news.navy.mil/local/nexcom).

### Flea Market

A Flea Market is set for Saturday, November 16 at the Downtown Lyceum. All proceeds from the event benefit the W. T. Sampson High School Booster Club.

### American Red Cross Volunteer Orientation

The next American Red Cross Orientation Class is Monday evening, November 18 at the Fleet and Family Support Center Training Room beginning at 7pm. All current and future Red Cross volunteers are welcome. For more information call 5060.

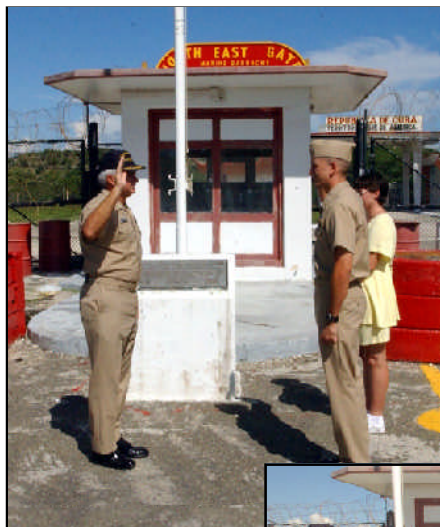


## Port Services Officer Moves On



Above: Capt. Robert Buehn presents the Navy Commendation Medal to CDR Richard Emry, USNR, as he prepares to de-mobilize and return home. CDR Emry has been serving as the Port Operations Officer and Watch Officer for Naval Base. The Commander had mixed feelings about leaving and said that he hoped that there would be an opportunity to return for another tour here after the holidays.

Above Right: MAC Travis Adams takes advantage of an opportunity to reenlist at one of GTMO's and the Navy's historic sights, the Northeast Gate. Right: Chief Adams signs on the bottom line under the watchful eye of Naval Station Executive Officer, Capt. (Sel) Mike Fair as Dawn Adams talks with Capt. Buehn. Photos by PH2 Wayne Abbott.



... And a Security Department CPO Signs Up For a Few More Years.



## Publishers Join to Provide Free Books to Troops Abroad

By the Navy News Service

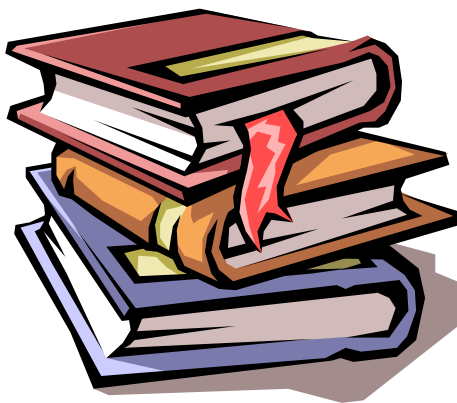
Three major book publishers kicked off a historic initiative reviving the "Armed Services Editions" (ASE) effort that distributed more than 123 million paperback books to U.S. troops stationed overseas in World War II, with a giveaway of newly published titles at the Pentagon Nov. 7.

First published in 1943, more than 123 million ASEs were handed out to U.S. forces overseas. This giveaway represented the largest free distribution of fiction and nonfiction books in history. More than 1,300 titles were published, including mysteries, biographies, crime stories, adventure novels and classic works of literature by such authors as Hemingway, Steinbeck, and Melville. The original ASEs were discontinued in 1947.

Beginning this month, Hyperion, Simon & Schuster and Dover Publications will join together in publishing and distributing free ASEs to U.S. troops throughout the world, including Afghanistan, the Middle East, Cuba, Asia, and Europe, as well as forces stationed on forward-deployed U.S. warships. More than 100,000 copies of the following four titles will be sent to U.S. forces abroad in November and December:

- *Medal Of Honor: Profiles of America's Military Heroes from the Civil War to the Present*, by Allen Mikaelian, with commentary by Mike Wallace (Hyperion, 2002).
- *Henry V*, by William Shakespeare (Dover, 2002).
- *The Art of War*, by Sun Tzu (Dover, 2002).

(See Books to Troops on page 9)



## Volunteers Needed to Assist in 2003 Cuban American Friendship Day

The Cuban American Association is requesting assistance from the GTMO community, NAVSTA departments and all Tenant Commands to organize the upcoming Cuban American Friendship Day celebration scheduled for Friday, 31 January 2003 at Phillips Park.

The next organizational meeting is Monday, November 18 at 8:30am in Bulkeley Hall Classroom A.

Additionally, the Cuban American Friendship Day Committee is looking for military personnel to participate and help organize the Cuban American Friendship Day N/E Gate to Phillips Park Fun Run. American and Cuban flags will be carried throughout the run. We are looking for groups to sponsor a leg of the race.

For more information or to volunteer, please contact Mig Hettler at 4431 (work) or 5350 (home).

# Seabee Soars, Reenlists in SAR Helicopter

By LT Bill Windus

OIC, NMCB FIVE Det GTMO

A Seabee from Naval Mobile Construction Battalion FIVE, Detail Guantanamo Bay, reenlisted last Thursday aboard the skids of GTMO's Search and Rescue helicopter.

CE2(SCW) Bryce Stenholm, from Green Creek, Ariz., wanted to do something different for his reenlistment, and seeing the helicopters performing flight operations around the base gave him an idea. "I thought it would be really cool to reenlist aboard a helicopter, so I started asking around to see if it was possible."

"It was really easy to set up. We ran a special request chit up to the Operations Department at Bulkeley Hall, and it came back approved," explained Petty Officer Stenholm.

After taking off from McCalla Field, CDR Chris Lindberg piloted the helicopter to the inlet adjacent to the Seabee Detail's Compound and hovered above the water. Stepping out onto the skids, LT Bill Windus and Petty Officer Stenholm recited the reenlistment oath. The reenlistee was then provided an aerial tour of the base, including an overhead view of the Detail's main



*LT Bill Windus administers the Reenlistment Oath to CE2(SCW) Bryce Stenholm on board a GTMO Search and Rescue helicopter. Photo by BUC(SCW) Scottie Cox*

construction project, the renovation of the Dive Locker Facility. The highlight of the tour was a "River Run" along the Guantanamo River.

CM1(SCW) Brian Reese, the Detail's Career Counselor, added, "This was the first time I've ever been involved in a reenlistment like this. It is very fulfilling to see a motivated young troop continue his Naval career."

Naval Mobile Construction Battalion FIVE, homeported in Port Hueneme, CA, is currently deployed to Rota, Spain with detachments in Souda Bay, Sigonella, Camp David, Andros, Dominica, Guantanamo Bay, and Southwest Asia in support of Operation Enduring Freedom. The Det deployed to GTMO is scheduled to return to homeport in February 2003.

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## TSP Enters Its Second Year for Service Members

The second year of the Thrift Savings Plan (TSP) began October 15. Now, Sailors have the opportunity to join nearly 88,000 of their active-duty and Reserve shipmates who are currently taking advantage of this tax-deferred investment opportunity.

From Oct. 15 through Dec. 31, Sailors can sign up for TSP or increase their contributions up to the new limit of 8 percent.

"Here's a wonderful opportunity to increase your financial strength," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "With the upcoming 4.1-percent pay raise, Sailors can take a small part of that and save for their futures. Those now enrolled in TSP can up their contributions up to 8 percent. This is an excellent opportunity to increase your future financial power with the change in contributions."

Any active member of the uniformed services or Reservist in any pay status may participate in TSP. Contributions can range from as little as 1 percent to 8 percent of basic pay. Bonus and incentive pay may also be contributed up to the \$12,000 IRS tax limit allowed in 2003.

For those serving in a combat zone, the current ceiling for contributions is \$40,000. Contribution limits increase through 2007 when there will be no limit on the percentage of basic pay contributed, and the total dollar limit is inflation adjusted.

"Take this opportunity to pay yourself first," said Hoewing. "In most cases, it won't reduce your quality of life now, but it may

increase your quality of life in the future thanks to the power of compounding."

TSP investments may be directed to any of five different funds, which vary in risk and investment mixture.

The five funds are government securities investment (G fund), fixed income investment (F fund), common stock index investment (C fund), small capitalization stock index investment (S fund) and international stock index investment (I fund). Contributions are initially directed to the G fund, but service members can redirect their investment once the account is active.

Enrolling in TSP is easy whether done online or in person. Sailors can access the Employee/Member Self Service (E/MSS) Web site at [www.dfas.mil/emss](http://www.dfas.mil/emss) and complete the enrollment form (TSP-U-1). A receipt or confirmation for online enrollment is not available because the requests will not be processed until the end of December. However, deductions begin with all pay earned starting in January.

The E/MSS site enables service members to enroll during the open season or within 60 days of the date of their enlistment.

Those unable to enroll online or who prefer to do so in person may receive the TSP-U-1 form from their local personnel support detachment (PSD) or may download the form from [www.bupers.navy.mil](http://www.bupers.navy.mil) and submit the completed form to the PSD or ship's office for processing.

For more information on TSP click on [www.tsp.gov](http://www.tsp.gov).



# Mmm! Mmm! Subway opens in GTMO

Residents turned out en masse to help open the doors and fill the cash registers of Subway. Some GTMO customers spent over an hour in line just to get a familiar taste from home.

The newest addition to the NEX takes over the spaces once occupied by the Food Court and Baskin Robbins. This is the 45<sup>th</sup> store for Subway Island Development, a professional development and management company owned by Lyle Swanson and based in Puerto Rico.

With over 3,000 sandwich combinations, base residents may never have to have the same thing twice. In addition to subs, the expanded restaurant also carries pizzas and fresh, custom made breakfast items, three types of cookies and five kinds of chips. To wash it all down, they offer various Pepsi products, Café Espresso, coffee, orange juice, beer and soon Fruitzles (a fruit smoothie).

If you find that Subway does not have your favorite sandwich, please ask about it. The restaurant is also pleased to announce that your GTMO Subway is one of the first to give you the option of toasting your sub. To facilitate this process, the restaurant will have two serving lines – one for standard subs and pizzas and the other for toasted subs, pizza and beer.



*Above: Workers prepare for the ribbon cutting by removing the window coverings. Below: The first order on this serving line is meticulously placed by an eager, and hungry patron.*



*Above: Capt. Robert Buehn addresses the crowd waiting for the grand opening and a chance to order a delicious sub.*

# AACO hosts Career, Education Fair at WTS

What do you want to do after high school? It is the question asked of every student. In an effort to let high school students get a glimpse of some of the various careers available to them, the African American Cultural Organization hosted its first Career and Education Fair for the high school students of W. T. Sampson on Thursday, Nov. 7.

The organization made sure the event was a success by seeking out various commands, agencies and community members of Guantanamo Bay to display and discuss their different careers with the high school students. This event provided many students with insight into the various career opportunities available to them upon graduation from high school or college and sought to enable them to better prepare themselves academically in order to pursue those careers.

The AACO's goal was to provide students with an opportunity to manipulate some of the tools and equipment that is used in different career fields.

Guests and participants at the job fair set up tables inside the school gym to distribute handouts concerning different professions. The heavier equipment was shown in displays set up outside.



## Boots and Uts Run

*MWRs Boots and Uts run brought an unusual sight to GTMO roadways, groups of cami-clad runners, singing and running along a course set by MWR. One unusual sight was a group of “young warriors” at least a couple of years from enlistment age.*



Photos by PH2 Wayne Abbott

### A few words from the Chaplain

## Ramadan – A Time For Spiritual Renewal

**Chaplain(CPT) Yee**  
**JTF GTMO Chaplain**

The sighting of the moon on the eve of November 6<sup>th</sup> marked the beginning of Ramadan, Islam's holy month of fasting. Ramadan, the ninth lunar month of the Islamic calendar, is the month in which the first revelation of the Quran came to the Prophet Muhammad (Peace be upon him).

During this blessed month, Muslims all over the world engage in fasting in order to train themselves in self-discipline and scrupulous obedience to God's commands. A verse from the Glorious Quran reads: "O you who believe, fasting is prescribed for you as it was prescribed for those before you in order that you may be conscious of God..." (2:183).

The month of Ramadan is a period of special religious significance and activity. The fasting that takes place each day is a means to learning discipline, self-restraint, and flexibility. It involves on a physical level, total abstinence from all food, drink, tobacco, and marital sexual relations during the daylight hours. On a behavioral level, the fasting involves abstinence from falsehood, speaking ill of others, quarreling or engaging in angry talk, discussion of disreputable matters, and wrong behavior of any sort.

Ramadan is a time when Muslims engage in increased devotional activity. Besides the usual five daily prayers, the additional evening prayers observed during Ramadan called 'taraweeh' are performed, and usually in congregation at the mosque. Another popular tradition is the reciting of the entire Quran during this month, as this was the practice of the Prophet Muhammad (Peace be upon him).

Fasting instills discipline, and makes the Muslim steadfast and resilient like a soldier who forgoes or postpones the satisfaction of his/her normal needs at the order of his/her commander. This trains the Muslim to be flexible, capable of enduring hardships, and not to take for granted the bounties with which God has blessed him/her. Fasting enables the Muslim to feel with the poor who experience hunger daily, and thereby prompting him/her to respond with compassion and charity towards them.

Islam recognizes that physical needs and appetites, particularly those of food, drink and sex, are powerful factors in human life; factors which tie man to dependence on and preoccupation with his/her bodily needs and desires. Hence, ending any indulgence in or imposing a clear limit to satisfying these needs and desires frees one to pursue spiritual goals and devotion to God. It also constitutes a purification of the soul and a sacrifice that leads to renewal and fresh strength.

Fasting a month may sound difficult to those who have never attempted it, but actually in practice it is generally tolerable for most people, and even easy for some. Indeed within that month, Muslims become very accustomed to the altered routine of Ramadan and experience an intense level of spirituality. Thus when Ramadan ends, there is a poignant sense of loss which causes Muslims to wait eagerly for the arrival of next Ramadan, carrying the experiences and applying the lessons learned throughout the coming year.

The new moon is again sighted, this time indicating that Ramadan has concluded. It welcomes 'Eid Al-Fitr,' the Festival of Breaking the Fast – an occasion which celebrates that the fasting of Ramadan, one of Islam's five pillars, has been fulfilled.



## Worship Services

### Catholic Mass

(Main Chapel)

**Monday - Friday**

Daily Mass (Cobre Chapel) 0630

**Friday**

Holy Hour/Rosary 1700

(Cobre Chapel)

**Saturday**

Reconciliation 1630

Eucharist/Mass 1730

**Sunday**

Eucharist/Mass 0900

Eucharistic Adoration/Reflective Prayer (Cobre Chapel)

Daily 24hrs

### Protestant Services

**Sunday**

Services - Main Chapel 1100 & 1930

Camp America 0800

Leeward-Marine Barracks 1430

### New Life

(Main Chapel)

**Sunday**

Worship Service 1245

Sunday School (Sanctuary B) 1130

### Church of Jesus Christ of

Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

### Jewish

(Fellowship Hall)

Every Friday 2000

### Filipino Bible Fellowship

(Sanctuary A)

**Sunday**

Worship 1800

### Iglesia Ni Cristo

(Sanctuary B)

**Sunday**

Worship 2000

### Pentecostal Gospel

Temple

(Sanctuary C)

**Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B)

**Saturday**

Divine Service 1100

### Islamic Service

(Classroom 18))

**Friday**

Worship 1300

### United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

*Please ask the Faith Group Representative about Sunday School Times, Education Programs, Bible Study, Prayer Groups, etc. For more, call the Chaplain's Office at 2323.*

## Books to Troops, from page 5

- *War Letters: Extraordinary Correspondence from American Wars*, edited by Andrew Carroll (Washington Square Press/Simon & Schuster, 2002).

The books will be reformatted in the same "cargo pocket" size and will have the same vintage appearance as the original ASEs from World War II.

Books will continue to be distributed for as long as they can be funded, and, ideally, new titles will be added to the list. Unlike the original ASEs, the new books are being paid for entirely with private donations. No government funding is being used.

For further information or questions, please call the Project Manager Andrew Carroll at (202) 338-1109 or email warletterproject@aol.com.

## MWR CRAFT FAIR

*Saturday, November 23*

*at the Windjammer*

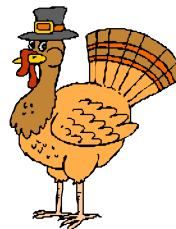
*8am to noon*

*Door prizes - drawings every half hour.*

## Food Donations Needed

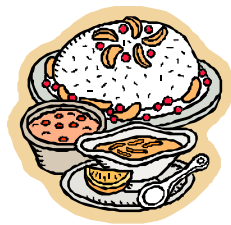
Support the Community Thanksgiving Day Dinner at the Base Chapel.

Non-perishable food donations are needed. Items can be placed in a drop box at the NEX on Saturday. Any questions, please call RP3 Johnson, 2323.



## AACO Dessert Auction

*The African American Cultural Organization is sponsoring a Silent Dessert Auction on November 23 at the NEX Atrium from 10 am to 2pm. Come bid on your favorite dessert!*



## Elementary School Skate Party

When: Thursday, November 21,  
6:30 to 8pm

Where: Elementary School  
Gym - Admission is free.

Bring your own  
skates and helmet.

Sponsored by the PTO



## School Lunch Menu

**Nov 18-22**

**- MONDAY -**

Cheese Burger,  
Lettuce & Tomato,  
Sliced Pickle,  
French Fries,  
Fresh Fruit,  
Milk

**- TUESDAY -**

Beef Taco, Lettuce &  
Tomato, Cheese,  
Crispy Shell,  
Rice,  
Sliced Peaches,  
Milk

**- WEDNESDAY -**

Baked Chicken,  
Tossed Salad, Potato  
Wedges, Fresh Fruit,  
Milk

**- THURSDAY -**

Suasage Pizza,  
Carrot Sticks, Green  
Beans, Sliced Pears,  
Milk

**- FRIDAY -**

Chicken Nuggets,  
French Fries,  
Mixed Vegetables,  
Fresh Fruit,  
Milk

# GTMO Joins America Recycles Day

In support of America Recycles Day, the base will be holding a Clean-up Day.

Activities can send representatives to the Recycling Center or your group can meet there between 7:30 and 8:30am to sign up and pick up your trash bags. Each rep will be responsible for taking names of ALL volunteers.

The collected trash can be turned into recycling throughout the day. PWD will be weighing and sorting trash from 7:30 am to 2pm (or until the last team reports back in).

Unfortunately, there will not be a hotdog and hamburger lunch due to lack of participation in past events. Let's get more involved in keeping our community clean.

Recycling T-shirts are on the barge! If you have your 20 recycling tickets, you can pick up your shirt!

## 5 Reasons to Recycle

- **It saves natural resources.** By making products from recycled materials instead of virgin materials, we conserve land and reduce the need to drill for oil and dig for minerals.
- **It saves energy.** It usually takes less energy to make recycled products; recycled aluminum, for example, takes 95% less energy to make than new aluminum from bauxite ore.
- **It saves clean air and water.** In most cases, making products from recycled materials creates less air and water pollution than making products from virgin materials.
- **It saves landfill space.** When the materials that you recycle go into new products, they don't go into landfills or incinerators, so landfill space is conserved.
- **It saves money and creates jobs.** The recycling process creates

far more jobs than landfills or incinerators, and recycling can frequently be the least expensive waste management method for cities and towns.

## Recycle and Win

In celebration of America Recycles Day, everyone is invited to visit [www.americarecyclesday.org](http://www.americarecyclesday.org) and take the pledge to Make Every Day America Recycles Day. *By pledging you promise to recycle and to purchase more recycled products. You also become eligible to win one of several national prizes. No purchase is necessary. All ages are eligible to win.*

Nationally, 6 prizes will be awarded. The drawing for the prizes will be held on or about December 10, 2002.

Five aluminum Trek 24-speed bicycles will be awarded as three Youth Prizes and two Adult prizes. The model 4300 Trek aluminum bikes are made with Alpha™ Aluminum framing, offering increased durability and strength to handle the most rugged trails or the smoothest paved paths. With Suntour crank and Shimano Acera 24-speed shifting components, these lightweight aluminum bicycles will take you places you've only dreamed. Alcan Aluminum Corporation, a leader in aluminum recycling, providing innovative aluminum and packaging solutions worldwide, is the proud sponsor of the aluminum bicycle awards.

One national winner will be awarded a \$250 gift certificate from Staples, Inc. Staples offers consumers and businesses a wide selection of recycled content office supplies.

Pledges must be submitted no later than midnight November 20.



## Recycling T-shirts



**Redeem your tickets  
- 20 tickets per shirt**

**Shirts are available on Nov 15 at  
Recycling Center during the day.  
Nov 15 is America Recycles Day,  
and we will have another  
basewide cleanup.**



## Latin Night at the Cuban Club

Friday, Nov.

**15. Come and join us  
for an evening of  
rhythmic dancing from 8pm  
to midnight!**

**A dinner buffet is available.**

Sponsored by the Hispanic  
Heritage Association.

FMI, contact LT Goldberg  
at 72035 or 7124



## Get Your Tickets to the HSO Holiday Tour of Homes

**Saturday, Dec. 8 from 4 to 7pm.**

Tickets are \$5 and are available  
Friday, Nov. 15 at the Hospital, 11am  
to 1pm and Saturday, Nov. 16 at the  
NEX Atrium, 10am to 2pm.

FMI, contact, Cheryl Lewis, 7338

This event is for adults and  
children 10 and older.



# GTMO SHOPPER

## FOR SALE

(1) Reduced Price! - SONY VAIO Laptop FA36X AMD - 1.0Ghz, 512 MB DRAM, 20 GB HD, CD-R/DVD Combo, 3.5 Floppy, 15.1 TFT Screen, 56KV90 Modem, RJ45 Network and Carrying Backpack. Other item optional (USB Hub, Removable Harddrive, external mouse) 3 years extended warranty with Best Buy. \$1,200 OBO. W-4233 or H-7951.

(1) Items for sale: 3 Entertainment Centers, \$15 each; Weight bench w/ weights, \$125; 2 microwave carts, \$15 and \$25; Full length dresser w/ mirror, \$100; Video cabinet, \$35; DVD stand, \$15; Car cassette player w/ speakers, \$75; 5.1 speaker system, \$400 OBO; 2 floor standing speakers, \$50. FMI, call 7729.

(1) Furniture for sale: Black Futon Couch/Bed Bottom Bunk bed - \$200. Coleman fold-up picnic table w/ 4 chairs - \$125. Couch and love seat, dark green, 6-months old - \$500. Call DWH 7096.

(1) Gas Bar-B-Q Grill. AWH 7864.

(1) Girl's metal day bed with trundle. \$75. Call JoAnn at 2774.

(2) Queen-sized Sealy Posturepedic Mattress - 1yr. old. Asking \$225. Call AWH 5533.

(2) Step 2 Swing Set with playhouse and slide, very good condition, asking \$250. Kiddie play pool with slide, molded plastic, very good condition, asking \$50. FMI, call 4148, x211(DWH), or 7755 (AWH).

(3) Items for sale: Playstation 2 games; Women's Clothes (sizes 0-6), kid's toys, Wedding Dress. FMI, call 7170.

(3) Moving Sale - All items must go. Beds (King, and Twin); Computer Desk; Bookcase; grill; Rug; Entertainment Center; Couch; TV/VCR Combo; Microwave; Children's Hockey Table. Many other items. Please call Tammy at 4162 x224 (daytime) or 7185 (evening) for an appt.

(3) Fishing Equipment for sale: rods, reels, lures and two pair of Ocean Waves polarized sunglasses. Too much to pack, all priced to sell. Come and see for yourself. Call 3538.

## VEHICLES/BOATS

(1) New Price! 1985 Ford Crown Victoria. Clean, new brakes, new tires, recently tuned runs great. Must sell soon! \$1,400 OBO. Call 3538 or 3356.

(1) 1984 Chevy S-10 Blazer. Runs Great. Clean, new clutch and brakes.

Alpine radio. Asking \$2,000 OBO. Call 3538.

(1) 17 foot Carolina Skiff 85hp outboard; trolling motor; hummingbird fish finder, 100qt cooler; fishing gear; all safety gear, and much more. Asking \$1,500. Call Tre' AWH at 7895.

(2) Pontoon Boat - New wiring for lights, new paint job. Have safety equipment, gas cans, and radio. Wanting to buy a new boat, asking \$2,000 OBO. Call DWH 2645/7490 or AWH 5681.

(3) 1984 Chevy S10 Pick-up truck and a Tri-Hull 15 foot boat and trailer for sale. The truck, trailer and boat are all being sold for \$2,500 OBO. PCS NOV 02. Phone DWH 7-2251 AWH 5658.

(3) 1999 Suzuki Vitara - gray, 4-dr, power everything, cool A/C, only 19,000 miles. Excellent condition. Below blue book at \$9,800. Available Dec. 4. Call 7363 between 5 and 8pm.

(3) 1984, Oldsmobile Cutlass Calais - blue, 4dr, \$1,200. Days - 5057/5061. Eves - 8013.

(3) GTMO Special, '83 Cutlass, runs good, available mid November. \$1,200. Call 5084, 5399, or 5091.

(3) 1986 Chevy Blazer CUCV M-1009. 6.2l Diesel V8 4X4. Sweet Green - she's a gem. New brakes and battery. Comes with some spare parts, repair and parts manuals. \$3,000. Call Jim (DWH) 3533 or (AWH) 81088.

## WANTED

Responsible individual wanted to pick children up at W.T. Sampson Elementary after school at 2pm and babysit until 5pm. FMI, call Olga (DWH) 3997 or (AWH) 5340.

Anyone that has a 4 or 6 cylinder pickup truck they are wanting to sell, please call 5350.

The Plant Nursery is in need of pots and soil. If anyone has pots that they could return to them it would be greatly appreciated.

WANTED: People to pick with. I have 3 guitars, a banjo, and a fiddle and I'm looking for people interested in playing some folk, gospel, bluegrass, or country music. Give me a call AWH if you're interested. Bill Brogan 5353.

Looking for an English tutor. Need help with conversational English. I am willing to pay a reasonable rate. Give me a call if interested. Gaby Brogan 5353.

Do you work for a publishing company and you're temporarily stationed in GTMO? The Home Education Network is looking for you! For more info call 4620 or 5520.

Shopping for another motorcycle, if you are considering selling yours please contact Dave at AWH 7123, DWH 4526.

Individuals with a talent or love of music, willing to share time with elementary students. Includes, but is not limited to, individuals who play specific instruments, who can choreograph dances, who have vocal experience, and anyone who would just like to assist. If interested in teaching a specific skill, I would like to establish a resource file for parents seeking these opportunities for their children. I am also looking for any one in the community who drums and/or builds drums. FMI, call Shirley Baggett at 2207 (W.T. Sampson EC) or 7755 (Home).

Wanted: Plant loving individuals. W.T. Sampson Elementary School is transforming an open courtyard area into an environmental sanctuary. There are many plants to be planted, benches to be built, and the list goes on. FMI, call Shirley Baggett at 2207 (W.T. Sampson EC) or 7755 (Home).

## EMPLOYMENT

Full and part time food service positions open at the Bayview/ Windjammer Clubs: Baker, Cook, Server and Bus Person. Apply at the MWR Personnel office in Bldg. 760 on Admin Hill.

Navy Federal Credit Union seeks mature, energetic person with good people skills and a professional attitude to join our team. We have a part-time Member Service Representative position available. For more information, contact Kim Veditz, 4333.

LCN accepting applications for a full-time Customer Service rep.; also a full-time Cash Window position is open. FMI, call 3744.

The following are positions available through the Human Resources Office.

Open Continuous Vacancies: Supply Technician, \$ cutoff 12/21/01, closes 12/06/02.

FMI, contact the Human Resources Division at ext. 4822 or 4430.

## ANNOUNCEMENTS

Pampered Chef orders due by Nov. 20. This will be my last order for 2002. Jan 2003 will be the next one! For catalogs and order forms, please call Michelle at 7511.

## SERVICES

Math Tutor: Elementary, high school

and college math. Email me at math652002@yahoo.com.

Need a night to yourself, or just want to go out. Certified and experienced baby-sitter. Call Amanda at 7892.

Need help at home? Call Chaz at 7466 (does mowing, weed eating, and gardening). Prices negotiable.

Red Cross certified baby sitter. Experienced, responsible, and ready for anything. Call 7976, ask for Jessica.

Like to get away and have nights to yourselves? Experienced baby-sitter of 5 years! Call Mariah at 7466.

Experienced, Red Cross Certified baby-sitter available. Call Melissa at 5418.

Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

Baby-sitter - American Red Cross certified. Call Rhett at 7864 for your child care.

## YARD SALE

Saturday, Nov 16 - 719A Villamar, starting at 7am. No Early Birds!

Saturday, Nov. 16 - CB1177, starting at 7am. No Early Birds! Lots of kids clothes and misc. items.

Pre-packout Sale - Saturday, Nov. 16 - NH-4B, starting at 8am - NO EARLY BIRDS, PLEASE!

## PETS

Free to a good home - 1yr old male Pekingese mix. Needs older family - no infants. For \$50 you can buy the carrier, dog house and other accessories, too. Call Julie at 4172 (DWH) or 5660 (AWH).

## LOST & FOUND

Found: Olympus TripXB 40AS Camera in black case at the bus stop near the BOQ on November 8. Call Mr. Foley at 8035 if it's yours.

## PERSONALS

I would like to personally congratulate all those in GTMO who recently were advanced in their rates. As I faithfully do each Friday, I saw in the online addition of the Gazette, that Naval Station Security was very well represented. For those who recently received awards, BRAVO ZULU to you also. You are all a fine group of Sailors and I only hope that I have the pleasure of serving with you again.

MAC(NAC) Carlos F. Ortiz

## THE BANGER SISTERS

Comedy/Drama  
1 hr. 38 min.

*Starring:*  
*Susan Sarandon,*  
*Goldie Hawn,*  
*Geoffrey Rush,*  
*Erika Christensen,*  
*Robin Thomas*



Two best friends and former rock groupies reunite after twenty years to find that one of them is still rocking out while the other has "grown up" and become more proper.

## THE FOUR FEATHERS



Drama  
2 hrs. 07 min.

*Starring: Heath*  
*Ledger, Wes Bentley,*  
*Kate Hudson,*  
*Djimon Hounsou,*  
*Michael Sheen*

The story, set in 1898, follows a British officer (Ledger) who

resigns his post when he learns of his regiment's plans to ship out to the Sudan for the conflict with the Mahdi. His friends and fiancée send him four white feathers to symbolize cowardice. To redeem his honor, he disguises himself as an Arab and secretly saves the lives of those who branded him a coward.

## BALLISTIC: ECKS VS. SEVER

Action/Adventure  
1 hr. 31 min.

*Starring:*  
*Antonio Banderas,*  
*Lucy Liu,*  
*Ray Park,*  
*Terry Chen,*  
*Aidan Drummond*



Haunted by the mysterious death of his wife, reclusive former FBI manhunter Jeremiah Ecks is blackmailed back into service to track down an unstoppable ex-DIA operative, code-named Sever, who has kidnapped the young son of the head of a secret committee of international security agencies.

# Movies

## FRIDAY, Nov 15

7pm Blue Crush  
PG13 - 100min

7pm Ballistic:  
Ecks vs. Sever  
R - 91min

## SATURDAY, Nov 16

7pm Stealing Harvard  
PG13 - 83min

9pm The Banger Sisters  
R - 97min

## SUNDAY, Nov 17

7pm The Four Feathers  
PG13 - 130min

## MONDAY, Nov 18

7pm Swim Fan  
PG13 - 85min

## TUESDAY, Nov 19

9pm The Banger Sisters  
R - 97min

## WEDNESDAY, Nov 20

7pm City By The Sea  
R - 108min

## THURSDAY, Nov 21

7pm The Four Feathers  
PG13 - 130min

**What's Happening...**

### Captain's Cup Paintball Tournament

November 15  
6pm at Cooper Field  
FMI Call 2345

### Dart Touranment

November 20  
7pm at the Liberty Center  
No entry fee

### GTMO Xtreme Adventure Race II

November 23  
6am at the Sailing Center  
4-person Co-ed Teams

### Liberty Center

November 17  
Domino Tournament  
Begins at 3pm  
No Entry Fee

### 2002 Turkey Shoot

November 24  
At the Bowling Center  
6pm start time  
\$5 entry fee  
FMI call 2118

### Turkey Swim

November 27  
Windjammer Pool  
Event begins at 6pm

### Karaoke

Wednesday nights  
at the Windjammer  
Saturday nights  
at Rick's Lounge

### 2002 Electric Light Parade

November 30  
Dress up a float or vechicle, motorized or otherwise, and show off your creativity and holiday spirit.  
the route is from the LCN parking lot to the Downtown Lyceum.  
To enter your float call 2345.

For more information on any of the events listed above, call 5225.